

# Nutritional risk screening in Faroe Islands: An audit

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14 of 99 patients were screened

The National Hospital of Faroe Islands



71% at nutritional risk

## RATIONALE

A great proportion of patients in hospitals are malnourished. Currently, the prevalence of patients at nutritional risk in Faroe Islands is unknown. The National Hospital of Faroe Islands has a nutritional risk screening policy, but little is known about the nutritional practice at the wards.

## AIM

The aim of this study was to investigate whether patients were screened for nutritional risk at admission to somatic wards at the National Hospital of Faroe Islands.

## METHODS

A cross-sectional audit including all patients hospitalized >24 hours at six wards (three medical, two surgical, one intensive care unit) on two randomly selected days, six months apart. The audits were carried out by reviewing patient records in accordance with guidelines from the Danish Health Care Quality Program. Missing data was only acceptable if patients met the exclusion criteria, including terminal patients, healthy pregnant patients, same-day surgery, ambulatory visit and short-time admissions or open admissions.

## RESULTS

A total of 135 patients records were examined of which 99 patients were eligible for screening. Audit data showed that in total 14 of 99 patients (12.4%) were screened by the staff at admission, 24.7% at medical wards and none at surgical or intensive wards. Frequency of screening ranged from none to 70% between wards.

In total 71% of screened patients were found to be at nutritional risk (score  $\geq 3$ ) of which 40% had a nutrition plan.

Body weight at admission was documented in 38 of 99 patients (38%), including 93% in screened and 29% in patients not screened, which was significantly different ( $p < 0.001$ ).

## CONCLUSION

12.4% of patients admitted to the National Hospital of Faroe Islands were screened within 24 hours after admission. Patients were weighed more routinely. More than two-thirds of screened patients were at nutritional risk. The results suggest that proper implementation strategies are needed in order to make nutritional risk screening a part of the staff's routine tasks.

## ACKNOWLEDGEMENTS

This project was funded by an internal research grant from Landssjúkrahúsið - National Hospital of Faroe Islands.

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